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The Voice of the University of Toronto at Mississauga

THE 30th MEDIUM

VOLUME 30 ISSUE 10 NOVEMBER 10, 2003

Spinning with Style

When someone told this guy to use his head, he took them seriously. Last Thursday's Style and Profyle freestyle jam featured break dancing, freestyling, and rapping. *photo/Mehraan Pavri*

William's finally open for business

By Jackie Davis

UTM students desperate for a caffeine fix or looking for something to eat between classes now have an alternative to Tim Horton's, Pizza Pizza and Spigel Hall. William's Coffee Pub, located in the meeting place of the South Building, officially opened Oct. 27, after a delay of several weeks while the restaurant waited to receive its business permit.

In the two weeks that William's has been open, students have developed mixed opinions about the coffee pub. Some are impressed by the appearance, and selection and quality of the food that's offered.

"I like how it looks. It looks clean and modern," Reza Khalighi, a fourth year geography and professional writing student said. "They have a variety of products. You can get salads and real sandwiches."

Maja Hajduk, a first year art and art history major was impressed by the variety the menu offered to hungry Erindale students.

"I've been to William's before. They have expressos and stuff you can't get at Tim Horton's."

Fourth year forensics and biology student, Amanda Fowler, said that she "likes the coffee better than Tim Horton's, and the food's good too."

Other students are willing to try William's if it means avoiding the long line-up at Tim Horton's.

"I would've gone to Tim Horton's because it's cheaper and I know what I'm getting there," Alana Galarraga, a second year art and art history said. "But the line-up is long and I had to get going."

Not all students are pleased with

Timmy's continued on page 3

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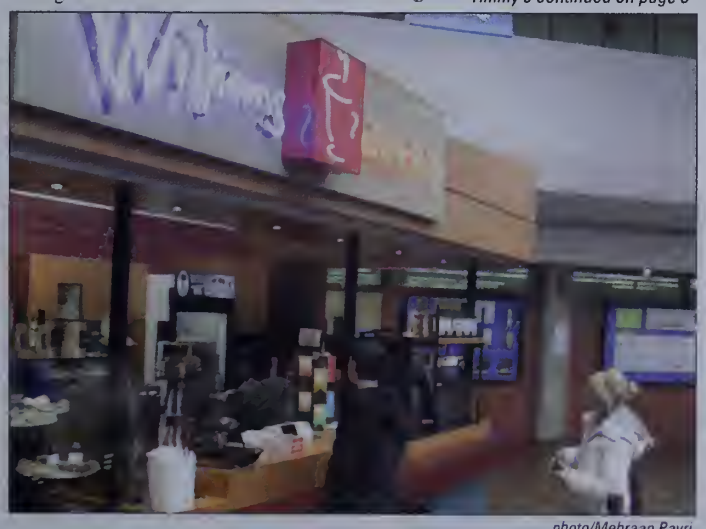
QUOTE OF THE WEEK

"Why yes, of course I am always concerned about mouse sex."
- Emily Upper is hopeful that 'mouse' won't become mice.



photo/Mehraan Pavri

For those with a sweeter tooth and a bigger budget, William's Coffee Pub offers a variety of gourmet delicacies and fancy coffees.

Mouse in the house

Residence students disappointed with mice infestation

By Adrian Barek

Students living in the townhouses on Leacock Lane have been hosting uninvited guests this year. Mice have infested several houses in the residence phase to the disgust of many residents. The concentration of mice varies between houses. While some houses haven't had too many visitors, others claim to have been catching mice at the rate of two a day for nearly a week.

"Since the beginning of the semester our house has been infested with mice. I'm not too happy about paying money to live in a house that is infested with mice," a fourth year resident of Leacock Lane, who declined to give her name said.

Residents of unit 125 were among the hardest hit by the mouse infestation and they were not impressed hy residence administrator's answers to the problem.

"We had a really, really had situation with them (mice). No exaggeration, we caught over twenty mice," Pam Bartlett, a first year economics student said. "They (residence) came in and looked at everything and said it was our fault. Our house isn't really dirty but it's a little dirty, and they said if we cleaned it there would be no problem."

Barlett's housemate, first year commerce student Jen Lebeau echoed the frustration of living with unwanted rodents.

"It was disgusting. You'd hear a snap, look over and see this mouse struggling and then it would just die. We had to deal with this every day. The university was really not helpful about it at all. They just gave us traps and expected us to deal with it," she said.

A variety of traps were employed to catch the mice. At first, humane traps were used that are designed to capture the mice without harming them. When these proved ineffective, traditional mouse traps that break the spine of the animal as well as poison were implemented to exterminate the pests. Another measure taken to combat the problem was filling the holes along baseboards and behind space heaters that allowed the mice entrance to the units. Residence administrators have said residents must keep their units impeccably clean and free of food particles that attract the vermin.

"We have a protocol set out. The first step is to attempt to educate the residents on what they need to do

Residents continued on page 3

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FYI series informs *first-years* on variety of topics

By Julie Tyios

Erindale students have the opportunity to hear about specific issues that pertain to first year students who continue to make a transition into post-secondary education at UTM.

This year, approximately 75 percent of undergraduate students in residence are first years who were caught in the double cohort graduating class. Many were under prepared for university life. The First-Year Insights (FYIs) are a scheduled series of lectures hosted by campus Dons regarding specific issues that first year students in residence may face. The lectures are also associated with the U of T Passport Program. Of the six weekly lectures planned, five have already taken place.

The first FYI lecture covered budgeting. Kate Campbell, James Walker, representatives from the Registrar's office and OSAP were on-hand to speak and inform the students on how they can receive funding form OSAP-related work. Students participated by working on weekly, monthly and yearly mock budgets to learn how to plan for their future at university.

The Study Skills lecture informed and educated students on effective study habits. Dons James Plastow and Adam Stewart told students where to find study space on campus and talked about the importance of time management.Representatives from the Academic Skills Centre also talked about different learning strategies for different types of learners.

Balance, conveniently presented during the recent mid-terms, saw Cayly Dixon and Zach Smadu talk to students about the need to make time for oneself and remain relaxed during exam times. They also encouraged safe, healthy fun while avoiding stress.

The First Year Insight on Sex involved Gita Sookoor and Nic Westrate giving a hands-on lecture about sex education and the importance of keeping safe from sexually transmitted diseases. Students were blindfolded and asked to properly put condoms on bananas by feel alone for practice while others were asked to demonstrate some alternative sexual positions. The second portion of this lecture, regarding sexuality, will take place next semester.

The Campus Safety and Security FYI lecture by Cameron Grieg, Michael Hosein and Laura Miyata is intended to make students more aware of safety and awareness on campus. The main points emphasized were walking with a buddy, avoiding common fire hazards within residence and locking all doors to prevent intruders from making their way inside easily.

The final lecture on diversity will focus on common misconceptions and myths about diversity on campus. It will also help students adjust to a new environment with a mixture of cultures. It corresponds with a diversity campaign already in existence on campus called Be the Change, which is run by Chris McGrath, director of residence and residence life.

"I think it's great that first-years have the opportunity to learn about issues that affect them from peers who have already experienced the same," Erindale College Student Union President Adil Mirza said. "It makes the change from high school to university much easier."

"I am pleased with how they have turned out this year and we will be looking at doing something similar in the winter term with issues such as finding off campus housing, creating resumes for summer jobs, final exam prep study skills and a few more," Residence Life Coordinator Dale Mullings, the creator of the First-Year Insights said.

"The ultimate goal of the FYIs would see it become a credit based set of sessions for first year students." Such a program already exists at universities across the United States, where it is mandatory for new students to take the First Year Experience courses for credit as part of their program. The final FYI lecture is scheduled to take place on Nov.16 at 8:00 p.m. in the Kaneff Buildng Room 137.

Flu vaccine clinic held at Erindale

By Daniel Filipe Martins

Health-conscious students thronged the Student Centre presentation room on Monday, as they queued up to get flu vaccinations ahead of the approaching winter and flu season. The nurses from Peel Health manning the presentation room were seldom idle during the course of the full-day flu clinic, which was the first such clinic to take place at Erindale College.

Although UTM's Health Services has offered such clinics in the past, open to both staff and students, this was the first time Peel Health ran a full-day clinic on campus.

"Peel Health called us back several months ago and asked if we were interested in doing a full-day clinic," Pat Ash, director of Health Services said. "Quite frankly, we jumped at the chance." Ash was unsure of exactly how many students had taken advantage of the clinic, but she stated that attendance "was pretty steady all day."

The vaccination procedure involves a single injection of a sample of dead flu viruses. Patients who are injected with the viruses will be more resistant to strains of the flu virus for several months thereafter. Doctors recommend at least one flu shot per year, usually before winter. The effects of the vaccine wear off after about six months.

Third year Biology student Ali Ashrafi, a regular visitor to on-campus flu-clinics, found the procedure for getting vaccinated, "really fast and convenient."

Jason Mohyla, one of the Students' Administrative Council (SAC) UTM's "UTeaM" ministers, agreed. "(It was) Easy. I went this morning. It was in and out. (Health Professionals) Didn't ask for any ID or anything, just in and out."

> "Really fast and convenient"
> - Ali Ashrafi

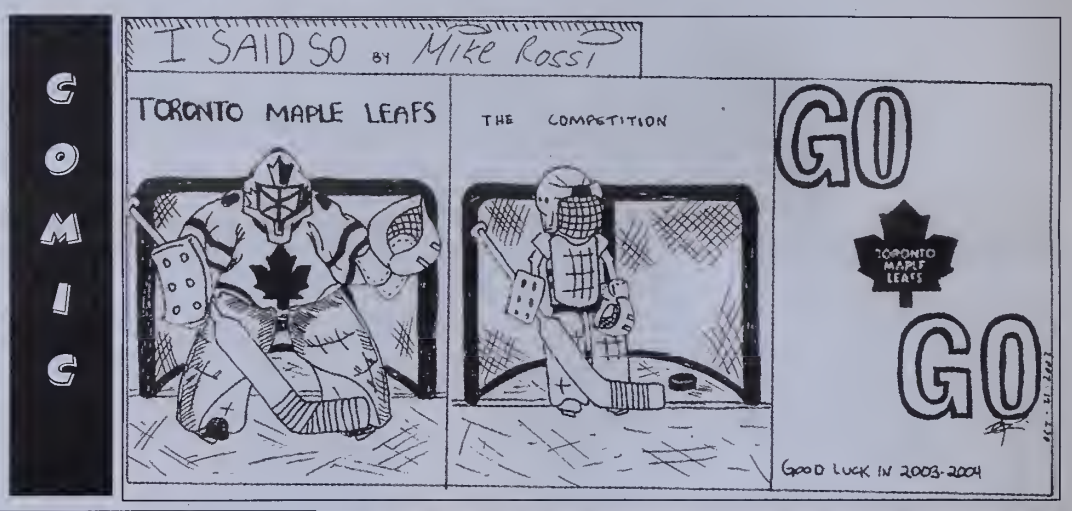
Aside from the clinic, Health Services offered simple measures to combat the flu. Such measures include washing hands properly, avoid sharing sharing glasses, utensils and cigarettes. Ash said although no more clinics are scheduled at UTM for the rest of the year, Health Services will "have vaccines readily available, and we'll be publicising the lengthy list of clinics available throughout the region," along with having an ample supply of pamphlets and brochures.

Some students shied away from the shot because of misconceptions that the shot could temporarily weaken the body's immune systems, making it even more susceptible to disease for a few days after it was administered. Ash dismissed these fears as just fallacies.

"It is a myth. The virus is dead and cannot cause the flu."

photo/Mehraan Pavri

What a prick! A UTM student acts tough for the camera as a nurse injects him with a flu vaccine in the Student Centre last Monday.



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UNIVERSITY OF TORONTO
POLICE

$5.6 billion deficit

Will Tory debt affect Liberal promise to freeze tuition?

By Vikram Tangri

Recent provincial audits have shown that Ontario may be looking at a deficit of $5.6 billion. The finding comes after repeated claims by Tory leader Ernie Eves during the election campaign that the books will be balanced.

Already low in opinion polls, the PC party will likely experience further erosion of support in the province. After gaining a reputation for teacher-maiming and privatization supporters, the Tories are now being called liars.

Political Science Professor Dr. Graham White of UTM says the Tories will be negatively affected.

"In my view the Conservatives' image as prudent fiscal managers is pretty much in tatters...the Conservatives knew quite well the magnitude of the deficit they were facing (and now) lack any credibility" he said.

Incoming premier Dalton McGuinty says certain promises will have to wait due to the recent turn of events. Sources have said increasing Hydro rates or even taxes may be on the agenda.

> "In the short term students, like most other Ontarians, will cut the government some slack. But their patience and tolerance will be limited."
> - Dr. Graham White

But those options remain hot topics, and the government may try to pick up revenue from other areas. The current public education system is already in a shambles, and high school students may get shortchanged. Public pressure has been mounting on the government to act swiftly. So the question arises - will university students bear the burden?

Not likely, believes Dr. White.

"I would expect McGuinty to freeze tuition...because that doesn't cost the government anything," White said. "Though of course the universities and colleges will put strong pressure on the government to give them more money to make up for lost tuition revenue."

Indeed, the newly elected Minister of Colleges and Universities Mary Chambers released a statement indicating that the Liberals' "commitment stands." During the election, the Liberals promised a tuition freeze for at least two years and to increase spaces for students in post-secondary institutions by ten percent in the next five years.

Although this is a step in the right direction, many students feel more needs to be done.

Mitchell Huynh, a third year biology student, believes the government should make university affordable for all.

"University education should be free for everyone," he said. "No one should have to pay."

Dr. White feels that students may go easy on the Liberals at first, but will demand results. "In the short term, students, like most other Ontarians will cut the government some slack," he said. "But their patience and tolerance will be limited."

Other students feel that the new government may help the plight of students. There is a general feeling that governments can't continue to ignore students.

"Most students who voted, voted for the Liberals," said one first year history student who wished to remain anonymous. "They better stick to their word."

Residents unimpressed

continued from front

from a hygiene perspective to discourage mice from entering the suite," Paul Handley, assistant director of residence facilities said. "At that point we will also distribute traps and perform a visual inspection of the unit to see if there are entry points that can be plugged. Typically a mouse only needs a hole the size of its nose to enter a suite."

Bartlett and Lebeau remain unimpressed by how residence administrators handled their complaints.

"They (residence) were very rude with us and they told us that if we didn't clean our house to spic-and-span they wouldn't help us," Lebeau said. "The thing is, the day I moved in there was a mouse in my bedroom. Its not like we caused the mice to come here."

> "The thing is, the day I moved in, there was a mouse in my bedroom. It's not like we caused the mice to come here."
> - Jen Lebeau

"I'm glad they finally came and fixed the problem but it was annoying because they didn't do anything at first until we stated that we're paying the money and they should fix our crap," Bartlett stated.

Other residents whose units were host to mice were less concerned.

"We have only seen one in our storage room. We haven't tried to catch it, I really don't care...it's not that big a deal," John Liu, a first year computer science student said.

Handley defended the steps taken by residence and went on to state that their actions were above and beyond those required by law.

"We find the process to be effective. After chatting with my colleagues, the building inspector, and public health inspectors, we are right on course of what we need to do. We (residence) are actually going above and beyond what is required by law because we obviously don't want people to have to live with mice."

Some members of the UTM community are not impressed with the actions taken with the lethal traps and poison.

"I think its appalling the measures being taken to get rid of the mice," Aubrey Iwaniw, a fifth year environmental management specialist and minister of the envioronment said. "At a university we should be trying alternatives that don't kill the mice."

Residents of Leacock Lane are not the only ones on residence dealing with mice. Roy Ivor Hall resident and first year English and drama studies student resident, Emily Upper, described her new neighbour.

"We have one mouse that runs around on all the different floors (of phase 6). I'm not scared of the mouse but I know that other people are," she said. When asked if she was concerned about the one mouse multiplying into more, Upper responded, "Why yes, of course I am always concerned about mouse sex."

Timmy's lines remain

continued from front

UTM's new addition to food services.

"The service could be better," a third year commerce student admitted.

"If I'm going out with friends then I'll buy a four dollar cup of coffee, but it's too expensive to get on a regular basis," Andrea Zdelar, a fourth year psychology student said.

"The prices are too high for me," another student, in first year social sciences, explained. "And we already have too many coffee places here. We need something else."

Betsy Gutnik, the manager of Aramark, UTM's food service provider, explains that William's is not meant to be "just another coffee place like Tim Horton's."

"It's more upscale. It's a different quality of food," Gutnik said. She understands that with all their expenses, students don't have a lot of extra money to spend on food but hopes that William's is a place where they can treat themselves.

"William's has breakfast as well as lunch items. It's the only place upstairs, out of Spigel Hall, where you can get salads," she said. And the price of a regular coffee at William's is "within cents" of the price of a coffee at Tim Horton's. Gutnik clarifies that it's the "handmade" items that William's offers - like smoothees and specialty coffees - that are actually more expensive.

Gutnik sees the university's addition of a William's Coffee Pub as another way to provide variety to the students. She doesn't expect that William's will draw students away from Tim Horton's.

"There will always be a line-up at Tim Horton's," she said.

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Symposium on bioterrorism at UTM

Biological weapons easy to produce but hard to deliver

By Mariam Mir

Bioterrorism was the topic at last Thursday's annual Master of Biotechnology Symposium. The symposium, entitled Biotechnology and Bioterrorism: Our Best Defence and Worst Nightmare, took place at UTM and featured a number of prominent speakers to discuss the use of biological agents such as anthrax to cause terror. The focus was to show how biotechnology has served a dual purpose and its potential for exploitation by individuals who want to engineer weapons of mass destruction and how the same concepts are used to create effective defence mechanisms such as antibodies and vaccines.

The three featured speakers were Dr. Donald Avery, professor of history at the University of Western Ontario and a consultant in the field of conflict studies and arms control, Dr. James Burton, director of the division of infectious diseases for the Department of Medicine at the U of T, and Dr. Robert James Van Exan, from Aventis Pasteur, a Canadian pharmaceutical company. The speakers provided a historical and scientific background of bioterrorism, followed by an interactive panel discussion, a question and answer period, and finally, a reception at the Alumni lounge. An audience of about 200 students, professors and members of the broader Mississauga community were present.

The event was well-received by those in attendance despite the grim nature of the topic.

"I think the students did an excellent job organizing it. We had three different and very interesting speakers; one historical, one biological, and one industrial," Dr. P.A. Horgen, director of Master of Biotechnology Program said. "The topic itself is kind of a negative topic if you think about it, but I think it's important we understand what's going on, what the situation is, and what the problems are."

Brunton provided the scientific and medical aspects of anthrax and smallpox respectively. He explained how anthrax and smallpox, both of which exist in nature, can easily be manipulated into lethal biological agents. Brunton offered some comfort. He told the audience that it is extremely expensive and difficult to 'weaponize' them. Brunton thoroughly explained how the Anthrax letters that circulated the U.S. in October 2001 appeared to be the work of one person and how the strain of anthrax was identical to the one used by the U.S. military; effectively negating the possibility of foreign terrorists.

> "How ironic and interesting is it that the American anthrax scare was a by-product of the American military itself."
> - Edward J. Sapiano

Related to this idea, Van Exan from Avetis Pasteur, spoke about the need for new vaccine technologies by genetic engineering and information technology especially in areas of vaccine packaging and preservation. He explained some of the limitations associated with mass production of vaccines. Firstly, in the industry itself, there are only a limited number of vaccine manufacturers. There is a lag time between the detection of the strain and the actual production of vaccines safe enough to administer. For example, it takes 10 to 15 years to develop effective vaccines and the cost can range from 500 to 800 million per vaccine per company. Advances in scientific and biotechnology research are definitely required, but so is the need for national and integrated global and continental planning.

Lukasz Mis, a first year masters of biotechnology student and one of the co-ordinators of the symposium gave his thoughts on the event.

"I think everybody did a great job" he said. "It was very successful, provided a lot of information for the general public and also for some of the scientists and researchers here at UTM." When questioned "why the topic of this year's symposium was bioterroism?" Mis responded, "Since 9/11, bioterrorism has been a very hot topic. It needed to be addressed for the general public to understand not only the extreme side of it but also what the industry, government and even academia is doing to help deal with the problem of a possible terrorist attack in Canada."

Edward J. Sapiano, a criminal defence lawyer was present at the symposium.

"I'm here today because it's something that interests me, as you know with the recent anti-terrorist legislation" he said. "This symposium stimulates thought, is informative and draw's one's attention to our vulnerability," he said. "How ironic and interesting is it that the American anthrax scare was a by-product of the American military itself....It helps to identify the true terrorists. We defiantly need more of these types of symposiums so people can have a better understanding of the truth and their reality."

Tid bits o' news

Student possessing pellet gun evicted from residence

A UTM student was evicted from residence last week after his roommates alerted campus police to his possessing a Co2 powered pellet gun. According to Len Paris, manager of campus police, "varying" reports taken by campus and Peel Region police "indicate" that the student had pointed and fired the gun at his roommates. Reports also indicate that the student had discharged the weapon several times in his room, causing damage to his unit. The gun itself is legal under Canadian law, but once pointed and/or shot at a person it is considered a dangerous weapon and becomes illegal. Additionally, the gun was in violation of UTM residence's strict anti-weapons policy. The policy prohibits many traditionally legal weapons, such as pellet guns and swords, from being brought onto campus. The evicted student was a first year resident of McLuhan Court.

*****

SAC Resignations

Two Students' Administrative Council (SAC) at UTM board of directors have resigned. Shehryar Khan and Ahmed Absiye gave up their positions with the student government for different reasons. Khan failed to register in any courses, and as a result, was not considered a student at UTM. To be a member of any student government, a person must be a registered UTM student. Absiye cited time constraints as the reason he could not continue his job on the SAC board of directors. SAC will hold a by-election in coming weeks to replace the two positions.

*****

ECSU Resignation

The Erindale College Student Union's (ECSU) advertising director, Amyna Mamdani resigned last week. Mamdani stated that personal reasons were behind her resignation. President of ECSU, Adil F. Mirza declined to comment on the resignation. The student government will decide on a hiring to replace their advertising director in the near future.

*****

Green Meeting

Last Thursday a joint meeting occurred between the Students' Administrative Council (SAC) Ministry of the Environment and the Erindale Environmental Association (EEA). The meeting saw a high attendance of students participating in the deliberation and planning of events. Among these events are Waste Reduction Day, Recycling Awareness, and Buy Nothing Day. Scheduled for Nov. 13, Waste Reduction Day will inform members of the UTM community how waste is created on campus and what steps may be taken to reduce it. The Recycling Awareness launch, set for Nov. 17, will similarly inform students about recycling and the importance of not adding non-recyclable waste to recycle bins. Nov. 28 will feature Buy Nothing Day: an international event organized and promoted by a variety of groups with the objective of making consumers aware of the consequences of their purchases. The EEA will emphasize the environmental impacts of mass consumerism. Lastly, the EEA has partnered with the U of T Environmental Resource Network (UTERN) to collect used ink cartridges and laser toners for submission to a company that buys them, refills them with ink, and resells them.

With files from Aubrey Iwaniw

*****

Style and Profyle Jam

The newly formed UTM club, Style and Profyle, hosted its first major event at the Blind Duck Pub last Thursday. The **Break the Beat** event brought together a diverse group of break dancers, freestylers. hip hoppers, MCs, and those just looking for a phat jam. Like many pub affairs this year, the majority of the crowd was present simply to party. Unfortunately, a handful of unruly pub patrons were asked to leave after a confrontation with event organizers. Among the performers in attendance were hip-hop duo *Iron Crescent*, solo rapper *Tyce*, and the reputed *Bag of Tricks*. Style and Profyle has many future events planned such as dance classes and a fashion show.

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For further information or nomination forms, please contact the Division of University Advancement, J. Robert S. Prichard Alumni House, 21 King's College Circle, 3rd Floor. Tel: (416) 978-6536 or e-mail linda.wells@utoronto.ca

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EDITORIAL

THE MEDIUM
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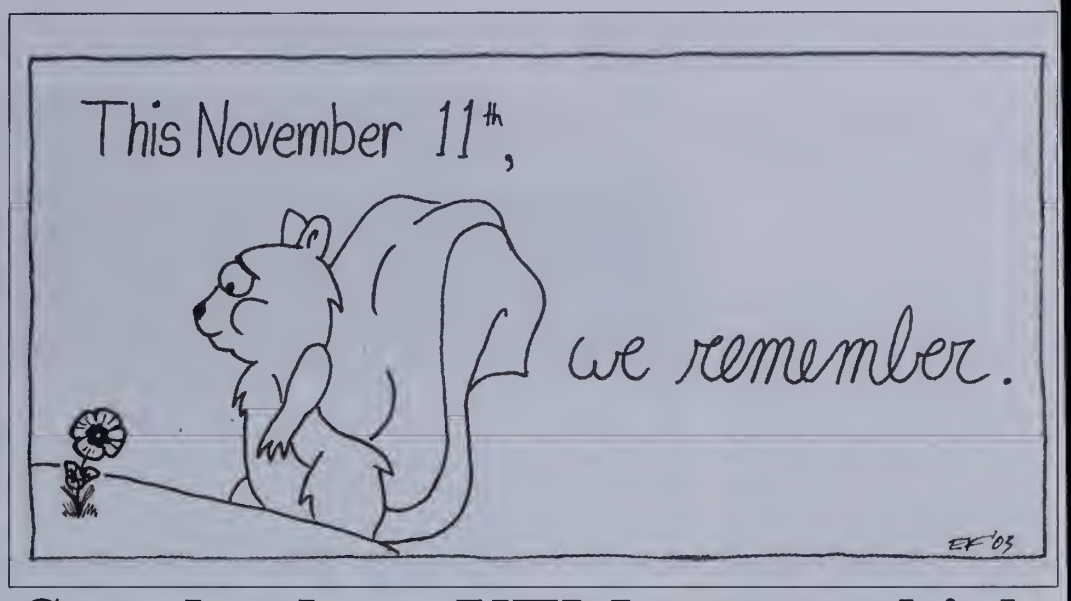


Lest We Forget

EDITORIAL

Here's how it begins ... In flanders fields the poppies blow, Between the crosses, row on row, That mark our place; and in the sky, The larks, still bravely singing, fly, Scarce heard amid the guns below. If there's one poem I remember from my youth it's ***In Flanders Fields*** – written by John McCrae, a Canadian from Guelph. It remains as one of the most memorable war poems ever written. It's a lasting legacy of the battle in the spring of 1915. McCrae was a surgeon to the 1st Field Artillery Brigade. He joined the faculty at McGill in 1900 after graduating from U of T. He spent seventeen days treating injured Canadians, British, Indians, French and Germans.

When World War I ended, an armistice agreement was signed between the Allies and Germany in Paris, France, at 5:00 a.m. on Monday Nov. 11, 1918. Upon signing this agreement, hostilities ceased at 11:00 a.m. On the eleventh hour of the eleventh day of the eleventh month of every year, we remember those who gave their lives for peace. Every November, over thirteen million poppies blossom in Canada. They blossom on jackets and hats belonging to the majority of Canadians. The poppy has long been the flower of remembrance.

The poppy is a symbol to show that we remember. Late last week, three well-known businesses in Quebec denied poppy-sellers on their premises (and later retracted their decisions because of public upheaval). Similar actions were taken by several National Bank outlets and an IKEA furniture store. A Canadian Legion branch was told by a manager of a National Bank that poppy sellers were not welcome in the building. The decision prompted the legion to switch banks. Later on, the veterans rejected an offer from the branch to continue to sell poppies. I don't blame them. An IKEA furniture store originally barred veterans from a suburban store. CIBC is another. Canadian war veterans should not have to ask permission to sell poppies.

Every Remembrance Day I'd watch my grandfather get misty-eyed every time he heard Ave Maria played on the trumpet or bagpipes at Remembrance Day observances. He remembered a time when everything at 11 o'clock came to a standstill. People walking along the street would stop, business transactions were put on hold. It was silent for two minutes while people observed and remembered the consquences of war and the freedom it brought. Why don't we continue this observance? Will businesses suffer a significant financial loss if they stop operations for just two minutes? Are we too busy or feel that we don't have a connection with war?

There are many people in other parts of the world who do not understand freedom because they have never experienced it before. We fail to realize that our freedom can be taken away from us. It's important to honor the brave men and women who fought for the freedoms for all Canadians. Our appreciation is just one way to keep their courage alive. For many of us, war is a phenomenon viewed through the pages of a newspaper on our television screens. For some of us, our only connections to war are our great grandparents or grandparents.

In 2003, war continues to be prominent in parts of the world, especially in the Middle East.This Nov. 11, let's not only remember our war veterans, but the men in women fighting to secure peace in Iraq and our troops who are currently on dangerous peace-keeping mission in Afghanistan.

This Remembrance Day ... "Lest We Forget."

The Medium is published weekly by Medium II Publications, a non-profit, incorporated student organization. The opinions expressed within are those of the writers and editors and do not necessarily reflect those of Medium II Publications. **The Medium**'s mandate includes informing students of local and national concerns, and giving Erindale College students an opportunity to practice journalism. Nominations for The Medium's Board of Directors are open. Pick-up a form at The Medium. Nominations close on Nov. 14, 2003 at 3:00 p.m. In the event of an election, it will be held on Nov. 26, 2003.

FRIDAY NIGHT: GOOD MEETING. WHERE'S ADRIAN? ADRIAN! DON'T TAKE YOUR FRUSTRATION OUT ON ME ROMANO SAYS TO JOHANNA — ROMANO SAYS NOBODY READS FEATURES. MEHRAAN WANTS TO TRADE HIS CAMERA IN FOR A DUSTER. THANKS FOR CLEANING THE SOFAS. I DON'T KNOW WHAT THAT SHIT IS EITHER. MEHRAAN IS STEALING OFFICE SUPPLIES. WE ALL LIKE THE NIFTY RE-SEALABLE PAPER PACKAGES ROMANO. I'M SORRY IF THERE ARE MORE ERRORS THEN USUAL IN THIS ISSUE. THANKS TO ROMANO I'M COCK-EYED FROM READING 30 PAGES OF XYZ. ROMANO IS GOING TO SIGN ME UP FOR THE "DEALING WITH DIFFICULT EMPLOYEES WORKSHOP." NICE TOP STEPH. BOYS DON'T KNOW FASHION. SAT SITTING HERE ALL ALONE. JOHANNA JUST ARRIVED. OH, HE CLAIMS ROMANO. HE WANTS TO KNOW IF JOHANNA KNOWS THE DIFFERENCE BETWEEN A LUNAR ECLIPSE AND A SOLAR ECLIPSE? SUNDAY MORNING – THE 80S ARE BACK. MARINA AND I ARE LISTENING TO SALT-N-PEPPA AND D.J. SPINDARELLA. HEY MAYHEM — DO YOU KNOW HIM? DOES HE SPIN AT G-SPOT? RECORD TIMING — JOHANNA DONE. MARINA DONE. ANDREA DONE. AND IT'S ONLY 12:25 P.M. ON SUNDAY. WHOA! ADRIAN'S BLOOD SUGAR IS LOW. HE'S OUT OF CONTROL AND WANTS A COOKIE. ADRIAN AND DARRYL LIKE ONTARIO PEACHES. ADRIAN IS WARMING UP SHIT IN THE MICROWAVE. NICE MUSICAL CHOICE MEHRAAN. DARRYL SAID PBUH IS HIS LADY. ADRIAN IS DOING OBSCENITIES WITH THE TONER. MEHRAAN SAYS ADRIAN WISHES IT WAS THAT BIG.

Standards at UTM are too high

Dear Editor,

I am writing this for many reasons: To vent my frustration after receiving a couple of mid-term grades, to understand why they were so poor, and lastly, to apologize to my two children who attend UTM full-time, as I do.

I decided late in 2003 to go back to school – again. In 1988 (after being a high school graduate for 10 years) I decided to try to give myself a better life by getting a college degree. I went to university part-time for several years until I remarried and had another child. A university in N.Y. State is not only much more expensive, but you need at least a 65 to pass. I achieved a GPA of 3.4 while working full-time and being a single mom.

Shock set in this past weekend after receiving the second mid-term grade, a miserable failure. I have attended all my lectures, read the course materials the weekend prior to in-class discussion and have studied for my tests. I have also made use of websites listed in my textbooks for self tests on assigned chapters. I think I have made use of due diligence. The results were not what I hoped for.

It has been my intention to apply at UTM as a regular full-time student for the fall of 2004 in one of the forensic science specialist programs.This seems very unlikely. I am currently studying here as a visiting student. It is not easy to get accepted here as a student. I am told the standards are high and the standards for the forensic science program are even more difficult.

Prior to this weekend, when two other university students received a failing grade, my first reaction was to chastise them for not studying enough, for not making more of an effort to make sure they did well. That is not my inclination anymore. I want to console them, and to encourage them to persevere just like I will have to do. There were 209 students who failed the test I speak of, myself included. These are all smart kids or they wouldn't be here.

I don't expect anyone to give me handouts. I know how to work hard. I just didn't expect it to be so improbable to pass a test.

I have never failed a test in my life, until now. The feeling is so deep in my gut, it aches. What do I say to the other 208 students? Don't give up, keep trying? What would I say to administration?

A 38 percent failure rate when only a grade of 50 is required to pass should speak volumes about the tests given here.

I believe in high standards for education, but do they have to be so high that we can't get there?

Cathy Johnston

The Medium is looking for a Distribution Manager.

All interested candidates are encouraged to send their resume to medium@canada.com

Nothing wrong with using *Internet lingo* to communicate

Dear Editor,

I would like to respond to the article 'Internet lingo threatens the way people communicate' (The Medium/Issue 9/Volume 30). Ms. Mallony exaggerated the extent to which most people use shorthand forms on-line.

It is not illogical, immature or even disrespectful of the language. No, it does not take much effort to properly punctuate or capitalize letters, but if we don't do it, it doesn't make us lazy either. How many times does your computer automatically spell check the words for you or add in that capital letter at the beginning of the sentence when you missed it? Are we all lazy by using this technology? Perhaps to some of your readers your use of contractions within a newspaper article is equally lazy.

Languages of all kinds are constantly changing to include more words and phrases. The English language is not disappearing but evolving right in front of our eyes. Another example of language evolving into another form is ebonics. Would you also call users of ebonics immature?

The author gives examples of places where short forms are okay to use (instant messaging etc.) but who are you to say when it is "good or bad" as you suggested?

Effectiveness of the language is recognized by the intended reader whom you are communicating with. Entire computer languages have short forms built within them to simplify programming.

Why is it such an abomination if short forms transfer to the world of typed communication as well?

They are helpful ways of communicating emotion which would otherwise be difficult to express without taking up more space. "That is funny. It makes me laugh," or "LOL." LOL seems effective at getting my point across.

Maybe if your parents are paying so much money for you to come to the University of Toronto you could reference it by its full name and not just U of T.
That seems lazy and illogical to use in your article. TTYL!!

Sarah Lake

Letters Policy

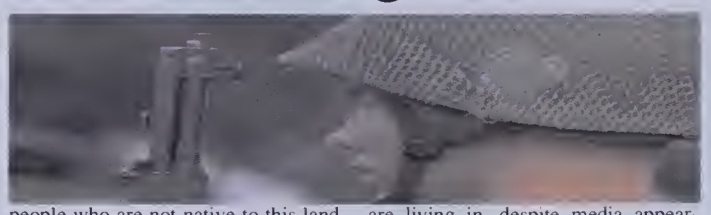
Letters to the editor will be edited for spelling, grammar, style, and coherence. Letters will not exceed 500 words in print. Letters that incite hatred, violence or letters that are racist, homophobic, sexist, or libelous, will not be published. Letters reflect opinions of the writers, and do not necessarily reflect the opinions of the Editor-in-chief, other editors and staff, or *The Medium*'s Board of Directors. In other words, just because we print it doesn't necessarily mean we agree with it. Submission does not guarantee publication. Submission of a letter to *The Medium* presumes the writer has read, and agrees with, this Policy. Please submit letters on disk or e-mail to medium@canada.com.

Opinion

Proud Canadian recognizes the importance of honouring soldiers

OPINION

BY Joshua Lougheed-Laycock



This month, we as Canadians are asked to remember and honour the soldiers who have given their lives so we can enjoy life as we know it today. I am saddened that many young people do not truly understand the dedication and sacrifice these men and women made for us so many years ago.

In years past, I have observed life as usual on campus on Nov. 11, and no attempt has been made to observe the moment of silence for those of us who must attend class. It's unfortunate that those of us who wish to honour these soldiers must miss class to do so.

It is especially important to educate people who are not native to this land so they will be more aware of the roles our Canadian soldiers had.

I know many people do understand and observe this day of remembrance and may feel the same way I do.

It is our responsibility to make sure all Canadians take pride in our military, our men and women serving abroad at this very moment and those training to serve in the future.

In a world as volatile as the one we are living in, despite media appearances and popular beliefs, I have never been more proud to be a Canadian and I show this pride not only in the support of current military action and inaction, but in honouring those who made the ultimate sacrifice.

To those of you who laid down your lives in protecting our freedoms and the ideals of Canada, I cannot thank you enough and you will be in my heart on Nov.11 and always.

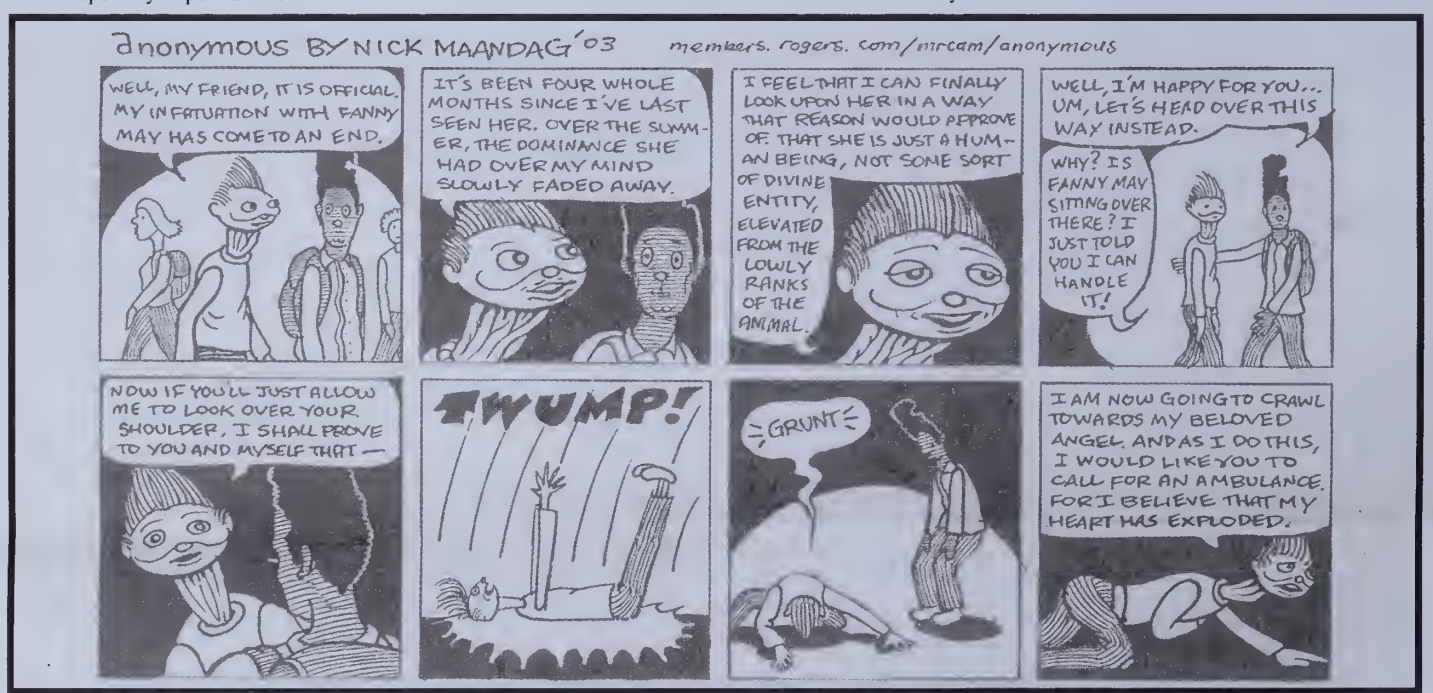
Editorial Board

Notice

The Medium is now taking applications for the following position:**Arts and Entertainment Editor.** The application period ends Wednesday Nov. 12, 2003 at 5 p.m. Pick up an application package at ***The Medium*** office in the Student Centre.

Any Erindale student may apply for this position.

A Candidates' Forum will be held on Thursday Nov. 13 2003 at 3 p.m. and the staff election will take place on Friday Nov. 14, 2003 from 10 a.m. to 4 p.m., in ***The Medium*** office.


anonymous BY NICK MAANDAG '03
members.rogers.com/mrcam/anonymous
WELL, MY FRIEND, IT IS OFFICIAL. MY INFATUATION WITH FANNY MAY HAS COME TO AN END.
IT'S BEEN FOUR WHOLE MONTHS SINCE I'VE LAST SEEN HER. OVER THE SUMMER, THE DOMINANCE SHE HAD OVER MY MIND SLOWLY FADED AWAY.
I FEEL THAT I CAN FINALLY LOOK UPON HER IN A WAY THAT REASON WOULD APPROVE OF. THAT SHE IS JUST A HUMAN BEING, NOT SOME SORT OF DIVINE ENTITY, ELEVATED FROM THE LOWLY RANKS OF THE ANIMAL.
WELL, I'M HAPPY FOR YOU... UM, LET'S HEAD OVER THIS WAY INSTEAD.
WHY? IS FANNY MAY SITTING OVER THERE? I JUST TOLD YOU I CAN HANDLE IT!
NOW IF YOU'LL JUST ALLOW ME TO LOOK OVER YOUR SHOULDER, I SHALL PROVE TO YOU AND MYSELF THAT —
THUMP!
=GRUNT=
I AM NOW GOING TO CRAWL TOWARDS MY BELOVED ANGEL. AND AS I DO THIS, I WOULD LIKE YOU TO CALL FOR AN AMBULANCE, FOR I BELIEVE THAT MY HEART HAS EXPLODED.

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What women really want

OPINION

BY Marty Samuels

Contrary to popular opinion, women do like nice guys. Women, this is just my opinion. They don't like guys who let women walk all over them. They don't want a doormat or a fool. Women walk all over nice guys because nice guys let them do it. Women want to be treated like ladies, with respect and adoration, but they don't know what to do when they are treated that way.

They don't expect this sort of treatment from a man who could be a potential mate. It's not the type of behavior that arouses them. In fact, it does the opposite. But that doesn't mean you need to be a bad boy or jerk to get what you want. It means you have to show women that you cannot be walked all over.

Think of it like a reward system. In order for you to do something nice for her, she must first do something nice for you. Not the other way around. The following example explains the reward system. You're at a club and see an attractive woman enjoying a drink. Move in and say, "If you buy me a drink, I'll let you kiss me." Sure, it doesn't work in all scenarios, and it wont work with all personality types. You're a man who knows what he wants and knows how to get it. You don't supplicate by asking to buy her a drink. Suggest she buys you a drink. You're telling her that you'll reward her, but only if she provides you with something you want. The reward is actually something you want but it doesn't come off that way. You're fun and daring.

A woman will actually take you up on the offer. An average chump, on the other hand, will usually awkwardly hang around the bar and wait to find women who they can offer to buy drinks for. Whether it's a loser or a nice guy. they're the first to get stepped on, used, then ignored, and the last to get laid.

These guys will call getting laid "getting lucky" because that's what it takes for them to successfully seduce a woman - luck.

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FEATURES

Muslim student explains the importance of Ramadan

BY FAAIZAH SALAHUDDIN

Looks like lunchtime in Speigel Hall. *Mmmm, that pizza smells heavenly.... So walk away! Walk away!*

Now, why do I deny myself, despite the consciousness of hunger? Am I on an obsessive diet? Or am I a sadist, bent on some self-inflicted torture? Neither. I walk away from the tempting aromas simply because, like hundreds of students at UTM, millions of people across the country, and billions around the world, I'm participating in the fasting that comes with the Islamic month of Ramadan.

What is Ramadan anyway? Here are some basic facts about the most revered month of the year for Muslims everywhere: Ramadan is the 9th month of the Islamic calendar, which is based on the orbiting of the moon (lunar calendar), rather than the orbiting of the earth (solar calendar). It was in the month of Ramadan in which the Qur'an, the Holy book of Islam, was first revealed. Muslims believe the Qur'an brought humanity guidance and knowledge pertaining to all aspects of life. This is one of the reasons why this month is special.

And what is fasting itself? Although you can fast any time of the year, fasting during the month of Ramadan is one of the five pillars of Islam and may differ from the concept of fasting in other belief systems. While fasting, Muslims refrain from eating, drinking, smoking and conjugal relations. Moreover, no substitute should be introduced into the body which could be considered as providing nourishment to the body (i.e. a nutritional injection). Fasting also involves abstaining from evil intentions and desires. The length of the Fast is from dawn to sunset, every day of the month of Ramadan. This year, the daily duration is less than twelve hours, but wait until Ramadan falls among the long summer days!

So, who should observe the Fast? Basically, fasting is obligatory for every Muslim, male and female, who has reached the age of puberty. Those who are exempt from fasting include people who are too old and feeble to undertake the obligation of fasting; children under the age of puberty; people with mental illnesses rendering them unaccountable for their actions; sick people whose health may be worsened by fasting; pregnant women (if according to a doctor's advice they should refrain from fasting); breast-feeding mothers (if their child does not receive a sufficient quantity of milk because of their mother's fast); women in the period of menstruation and after childbirth (up to a maximum of 40 days); and travelling Muslims. The point, therefore, is not to inflict undue hardship on anyone, regardless of circumstance. All of the above people (with the exception of the first three) must make up for the number of fasts they have missed on account of their exemption, after the month of Ramadan.

photo/ Amer Meknas

Students gathered in the Student Centre Presentation Room for a Turkish Iftaar on Oct. 27. Around the World Iftaars, put on by the Muslim Students Association, continue until the end of Ramadan; admission is a donation to their food drive.

Finally, how is the end of Ramadan celebrated? A feast called Eid-ul-Fitr (pronounced Eed-ul-Fitter), which is a day to give thanks and rejoice, celebrates the end of Ramadan. On this day, Muslims offer special prayers in congregation and thank Allah for His blessings and mercy.

And that, ladies and gentlemen, was a brief look at the basics of Ramadan and fasting. But the above only gives you a glimpse of the conduct of fasting, not its spirit, because to Muslims, this month means a lot more than simply going hungry or thirsty!

The Qur'an tells Muslims, "Oh ye who believe! Fasting is prescribed to you, as it was prescribed to those before you, that ye may (learn) self-restraint" (2:184). In other words, other communities in history have also been instructed to fast. It should be noted here that the Arabic wording does not imply that the literal act of fasting will automatically lead to self-restraint (which is, at times, synonymous with God-consciousness), only that it may do so.

There are two important things, then, that a Muslim hopes to achieve through proper fasting. The first is, as mentioned above, self-restraint or self-control. I can say to myself, "Yes, I'm hungry, but I won't eat. I am not a child; I can control myself." The second is that I (hopefully) develop and strengthen God-consciousness: when I'm alone and could eat, why don't I? No one would know, right? Except that Muslims believe in the omnipresence of God and that, wherever we are, there is One who knows and sees all that we do.

Farooq Mohiuddin, a second year Economics/Political Science major, affirms this aspect of Ramadan. "To me, it basically means a lot more discipline, as well as time management in terms of trying to balance all your obligations, like schoolwork, family, and increased worship."

The interesting part about both of these "lessons learned" is that, although developed out of fasting, they go on to become useful tools in many other aspects of life. Think of the many situations in which you may require restraint and steadfast resolve.

There are several other important points to note about Ramadan. For example, it is said that fasting should be done with the entire body - with your tongue (i.e. guard against acts of swearing, obscene speech, falsehood in word or deed, a false oath, slander or backbiting), with your ears and eyes (guard what you listen to and look at), with your hands and feet (guard what you use these to do, or walk towards). It's a very comprehensive concept.

Along with fasting, Muslims also strive to increase the time spent in reciting and, just as importantly, pondering the meanings of the Qur'an. Also, everyone is encouraged to follow the example of the Prophet Muhammad (peace be upon him) who, although generous at all times, was at his most generous during the month of Ramadan. It is said that his generosity at this time was "like a fast-blowing wind".

As well, fasting evokes empathy for the less fortunate; for a short period of time we experience what the starving and destitute feel. Of course, we cannot have exactly the same experience. We have the assurance of an end to the fast and the knowledge that there is food in the cupboard; they do not.

Perhaps most importantly, Ramadan is a time of self-reflection and evaluation. When Eid-ul-Fitr comes with all its colour and joy, we emerge from this month with firm, renewed resolutions.

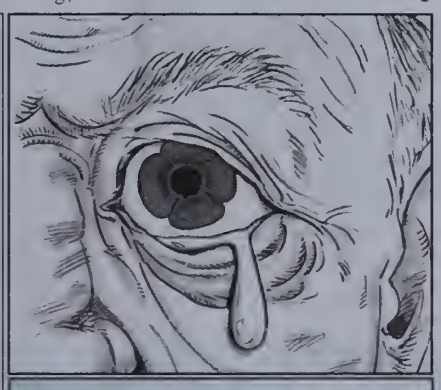
"For me, it's a time to contemplate, to reassess where I am spiritually, and strive to improve myself at many different levels," said Shoilee Khan, a second year English major, when asked what Ramadan meant to her. "At the end of the month, I want to come out a better person — strengthened, fulfilled, and ready for another year."

LEST WE FORGET

NOV. 11 IS TO REMEMBER NOT ONLY THOSE THAT FOUGHT IN THE WORLD WARS, BUT ALL THOSE WHO FIGHT AND HAVE FOUGHT FOR THEIR BELIEFS.

WE REMEMBER ANY WHO HAVE DIED WHILE TRYING TO UPHOLD THE VALUES DEAR TO THEM AND ALL THOSE WHO HAVE LOST THEIR FUTURE IN TRYING TO FURTHER THE HOPE OF THEIR DREAMS AND IDEALS.

WE REMEMBER THEM TODAY AS WE SHOULD ALWAYS.



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Arts & Entertainment

Dancer transforms audience with leaps, bounds and grace

By Gita Rai Gulati

William Yong, a choreographer and dancer for the **Toronto Dance Theatre** has choreographed many dance pieces for them; most recently 2003's *The Crowded Room*. He is currently preparing to dance in **Christopher House**'s *Sly Verb*. Yong also works as an actor, and most recently as a choreographer for a Bravo short film piece.

The Medium had the opportunity to speak with Yong and discovered there isn't much this man won't do for dance.

Gita Rai Gulati: You were in a music group in Hong Kong. What was that like? You went from singing at an early age, to studying dance. What was that transition like and what was it like starting your career with music?

William Yong: In school, I was in the pop band. We sort of won many competitions, in Hong Kong. We were the first runner up [in a big music competition] and were signed to BMG right away. And we released four albums right away. I think I was 18-years old when I started dancing. I was really lucky to get a scholarship and I could choose anywhere in the world to go to further my studies. I chose London, England. I let go of my singing career and embarked to England by myself and that's how my dance profession actually started. The transition was actually blurred, because it was so sudden.

G.R.G: You started off as a dancer but you ended up choreographing, how did that happen?

W.Y.: The thing was I always loved creating, I loved designing. I actually even have my own website [www.williamyong.com]. So when I realized that dance was a big part of my life, I realized I needed to be more creative. When I really started choreographing [was] though a show for the **Fringe Festival** in 1999. Many people gave me bigger opportunities from this.

G.R.G.: Was that *The Crowded Room*?

W.Y.: Yes. I wish that I could do more in the future. Right now I am planning my new show. I am in the process of looking for funding and sponsorship.

G.R.G.: What are you working on now?

W.Y.: *Sugar and Snails*, one of the pieces I did a few years ago. It received funding from (the) Bravo channel, so we are going to do a short film of it, and it's going to premiere next year in one of the dance film festivals.

G.R.G.: Why did you decide to live in Toronto?

W.Y.: My whole family wanted a reunion, and I came to join them because I was alone in London for about 10 years. So, I decided to move to Canada for my mum. After coming here, it took me a year to look for real dance work. I joined TDT, in year 2000. Here the arts are different because they don't get much funding or support from the government. TDT is probably the best company in Canada.A lot of the dancers in the company tend to do different projects and look for other opportunities, to get more money or to keep up their training. It is really tough being a dancer here.

G.R.G.: What's a normal day like for you? Do you dance everyday?

W.Y.: Oh yes, at TDT we start at 10 o'clock, we have a class, then we have a break, lunch only one hour and then we rehearse until 5:30 or 6 p.m.

G.R.G.: What are you working on now with TDT?

W.Y.: *The Sly Verb*, it premieres on Nov. 18.

G.R.G.: What's your role?

W.Y.: Oh, we don't really have special roles. Everyone sort of has their moment. It's more focused on the dance. It's very sensual, very provocative. There is nudity in it too.

G.R.G.: You guys have to wear little skimpy outfits?

W.Y.: No, actually totally naked.

G.R.G.: What's that like for you?

W.Y.: This is my first time [being nude on stage]. I am actually really nervous.

G.R.G.: You're going to feel totally exposed?

W.Y.: I feel very nervous. I actually do acting as well. I have done films, lots of modeling for photographers, but [nudity] for them it is very different. They actually have to approve the nudity with us. In the film *Eve*, I had to actually sit in the editing room and see which clips I didn't like. If the clip is showing my genitals and I don't actually like it, I can ask him to delete it.

G.R.G.: What's it like working with Christopher House? Do you usually agree with his visions?

W.Y.: Oh yeah, you have to. You have to trust him. Christopher House is a genius. He is the biggest choreographer in Canada. He has way more experience than anybody in the company. Sometimes I feel like I may not get something right away but I want to trust him and see where it goes. It's really rewarding. I learn so many things everyday from working here. You devote yourself to it. It's a matter or trust or faith.

G.R.G.: What's it like being a male dancer? Do you find people are taken aback by your profession?

W.Y.: Yeah, it's weird. When you tell people your profession, they either think that it is for the pop industry doing jazz or they think that you are a stripper. It's weird. I have to explain to people that I am doing ballet and contemporary dance. It was more with my family because most of them are not into dance. I am the only artistic person in the family.

G.R.G.: Do you find that work is a way of expressing yourself, and if it is, what's the thing you most want people to know about you?

W.Y.: I think dance is important in society. I really want to create good work because I want to keep dance alive. Many people in the city don't appreciate dance, especially abstract contemporary dance. They think it's too abstract, they think it's not understandable. I think they just need to explore and see some really good work. I want to change that. I want everyone to have an impact made on them from dance.

Sly Verb premieres Nov.18-22 at the Harbourfront Centre.

ECSU
Erindale College Student Union

Who is ECSU?

Each week, we will profile a member of ECSU - your student representatives. Read up and see what they can do for you.

Jon Lee

Clubs Commissioner **Jon Lee** is currently doing a double major in Biology and Political Science and a minor in French. In his position, he looks to help out all ECSU recognized clubs in various handlings such as club offices/lockers, club meetings once a month, room bookings, event advertising via *The Medium*, UTM Calendar and newsletters, and other administrative details. Drop by anytime to talk or ask questions during his office hours **Mondays 2 – 3p.m., Wednesday 2 – 3p.m.** then **4 – 5p.m.,** and **Thursdays 2 – 5p.m.** or e-mail him at clubs@ecsu-online.org

Jason Borchenko

Special Projects Director **Jason Borchenko** is currently working on improving student appreciation days, blood donor clinics, pub nights and promotional giveaways. Please feel free to pass on any ideas anytime you see this homo-sapien, or come by to his desk with the huge Canadian flag above it. This political animal can be found on **Mondays and Wednesdays from 2 – 5p.m.** in the office, and when released into the wild often inhabits the student center. Please, do **not** pet or feed the animal.

Need a Job? ECSU is Hiring!

The search has begun for an **Advertising Director**. If you think you might have what it takes send an email to **vpadmin@ecsu-online.org** for a full job description. Next drop off your cover letter and resume at the ECSU office or email it to the above address by Nov 21st.

Walls looking empty?

Come and decorate them with posters from the **IMAGINUS** poster sale on Nov. 12, 13, and 14. Posters with everything from fine art to fine artists will be on sale in the student center. Come and check out the huge selection of shiny, glossy splendor. Posters make great holiday gifts!

Where To Find Us

Location: *Student Centre, Room 100*
Office Hours: *9:00 am to 5:00 pm*
(Closed for lunch between 12:30 pm and 1:30 pm)
Phone: *905.828.5429*
Website: *www.ecsu.ca*

Erindale Student College Union Council Members

- President - *Adil Mirza*
- VP Admin - *Pooja Jadwani*
- VP Finance - *Sean O'Connell*
- Clubs Commissioner - *Jon Lee*
- College Affairs Commissioner - *Melissa Shaw*
- Special Projects Director - *Jason Borchenko*
- Services Coordinator - *Katherine Kormos*

Unique trio give hot *fever* to listener

Yeah Yeah Yeahs
Fever to Tell
Interscope Records 2003
BY CAROL MECHEDJIAN

Fever to Tell is the **Yeah Yeah Yeahs**' fourth album. Their unique sound is reminiscent of a by-gone era - the times before the manufactured girl and boy bands. They have their own ideas about what music should really be and they are not afraid to show it through their music.

Listening to their album, you soon discover that they are in fact unlike any band you have ever heard. Their eclectic mix of techno, rock and punk sounds will reverberate in your ears and tingle your senses.

The album comprises numerous upbeat tempos but it also does encase a few surprises. How they are capable of jumping from the extremes of the music chain is unbelievably remarkable, to say the least.

It has never crossed my mind that such a group existed, but it does! Many of their songs are catchy because of the instrumentals. You'll wince every time **Karen O** screeches about something that is bothering her (mainly men). **Brian Chase** does a great job on the drums. I only wish we could have heard more from the talented guitarist **Nick Zinner**.

A little known fact about this band - they were finalists for the **Shortlist Music Prize**.

For those of you looking for something new, different and strange; this is definitely the album for you. For everybody else, stick to your usual safe bets.

Frigid band heats up sound systems

Cold
Year of the Spider
Flip/Geffen records 2003
BY UTAMI KIRANA

Cold's latest release, *Year of the Spider*, kicks off with the song 'Remedy', incorporating the same nu-metal sonics of their previous 2000 album, *13 Ways to Bleed On Stage*, though with a hint more mainstream production.

Year of the Spider, however, features a more melodic sound through each of the thirteen cuts, which has led to more airplay in major radio stations, especially with the first single, 'Stupid Girl', co-written by, and featuring, **Weezer** frontman **Rivers Cuomo**.

Cold consists of **Scooter Ward** (vocals - uncannily sounding similar to **Staind**'s **Aaron Lewis**), **Kelly Hayes** (guitar), **Jeremy Marshall** (bass), **Terry Balsamo** (guitar) and **Sam McCandless** (drums).

It is quite obvious that the band has grown up a lot musically and lyrically after fifteen years together. Scooter wrote most of the song lyrics based on his own life experiences and the lives of others: "I was never good at hiding anything/ My thoughts break me/ Do you understand what you mean to me?/ You are my faith/ If you can make the world a stage for me, then I hope that you can hear me scream," are lines from the song 'Cure My Tragedy', written about his sister and his girlfriend, both diagnosed with cancer.

Not all lyrics are completely autobiographical. 'Kill the Music Industry' ably conveys **Cold**'s feelings of greedy and corrupt practices in major record labels. Any fan of **Staind** or the **Deftones** will love this album.

Taken as a whole, *Year of the Spider* employs many of the tired cliches of nu-metal, but it's a credit to **Cold** that it still sounds credible.

Brotherhood celebrated in new film

BY ADAM DOMENCHINI

The fact that *Finding Nemo* and *The Lion King* are, respectively, the 8th and 10th highest grossing motion pictures of all time should convince you that the impact animated movies have on box office revenues is significant. Why this trend, you ask? Creators of modern animated film use a combination of substance and wit clever enough to appeal to all age groups, irrespective of social and cultural background.

Disney's latest box office installment *Brother Bear*, directed by rookie **Aaron Blaise**, successfully lives up to the reputation of its predecessors. *Brother Bear* is a hysterically funny and emotionally moving film about the strength of brotherhood and excitement of outdoor adventure set in the Pacific Southwest.

Kenai (voice provided by *Gladiator*'s **Joaquin Phoenix**) is the youngest of three brothers belonging to a small Native American tribe. His adventurous disposition and perpetual need for horseplay define his young spirit, and usually serve as interference to his daily tribal responsibilities.

Upon receiving the Totem of Love from the tribe's spiritual leader, given as a symbol to all tribal members once they come of age to indicate what attribute will ultimately guide their actions in life, Kenai becomes irate at his seemingly insignificant identity. To prove his manhood, he sets out with his brothers on an unsuccessful attempt to kill the bear that ransacked the tribe's food supply. On their quest, Kenai's oldest brother sacrifices his life in order to save his siblings. Distraught with remorse, Kenai avenges the death of his brother by killing the bear, only to be magically transformed into a bear himself. With help from newfound friends, including young abandoned cub Koda, Kenai begins on a wild adventure in hopes of finding answers to his untimely and unexplained metamorphosis.

Not only was this film entertaining by combining an extremely humorous, well written script with the visual appeal of an animated film, but the morals of the story are sincere and convey a powerful message. Phoenix was the perfect choice for Kenai, as his voice befits the character well. Animation itself was not as crisp as modernly possible (a la *Finding Nemo* or *Monsters, Inc.*), but it need not be. It well suits the time period portrayed.

Singer **Phil Collins** provides the music, and there is a strong Canadian contingent - funnymen **Rick Moranis** and **Dave Thomas** supply voices for the dimwitted and hysterically funny moose Rutt and Tuke. The film also features **Michael Clarke Duncan**.

Possibly the only drawback of the movie is its abrupt ending. The finale suddenly arrives just when you feel the story could go on. However, the side-splitting extra scenes added during the end credits more than makes up for it. With style and humor unique all its own, **Disney** continues to amaze.

CLUBS CORNER

For the week of Nov.10-/03

UTM Buddhist Group presents: Painting Exhibition
By a Taiwanese Buddhist sister on Nov. 18 from 11a.m.-4p.m. in the Student Centre Halls

Pre-Med Club MCAT Strategy Seminar with Kaplan Review
On November 18 from 12:10p.m. – 1:30p.m. in the Student Centre Board Room

Thanks to all clubs that participated in MOSAIC DAY!

We hope to see everyone in the Winter Term's DIVERSITY WEEK!

CLUBS CORNER

Sports

Lightning strikes twice against UTM women's soccer

By Steph Kishimoto and Darryl Sequeira

With a lot of promise and potential from the regular season, UTM's Lady Eagles' division one soccer team were poised to end their jinx of playoff futility. Coming off an undefeated season and finishing second in their division, the team faced PharmaLaw in the semi-finals in a rematch of last year's playoff. The remodeled team looked promising to avenge their loss from last year and even more so after defeating PharmaLaw in the regular season 7–0.

PharmaLaw controlled the start of the game with ball possession as UTM looked asleep and lethargic. Coupled with the fact that PharmaLaw had only eleven players with no substitutes on the bench, UTM looked like they would repeat their regular season win with another win at home in this playoff match-up. Half-way through the first half, UTM finally got their act together and took advantage of their passing abilities which led to more offensive chances. UTM keeper Emily Saleh continued her strong play as she shut out PharmaLaw in the first half. Missing sweeper Julie Poirier and defenceman Teresa Cutruzzola took its toll at the start of the game but other UTM defenders stepped up such as Val Lowe, Jamie Lee Bell, Christie DesRoches, and Keira Madden. Combined with Saleh, the girls managed to shut down any promising rushes that PharmaLaw could muster in the first half.

The Lady Eagles came out strong to start the second half controlling the tempo and taking over the majority of ball possession. The team manufactured some good runs led by Tanya Vuia, which opened up the middle for Steph Wagler who converted a loose ball in the 18-yard box and fired a shot past the PharmaLaw keeper to give UTM a 1–0 lead. However, the lead was short lived as PharmaLaw marched down the field not more than twenty seconds later and with the aid of a couple bad bounces, Natalie Morse of PharmaLaw toe-punted a shot over Saleh which sailed into the back of the net. With the game tied and the quick flurry of goals, the potential for a scoring outbreak for both sides seemed imminent. Both teams could not beat the opposing team's keeper. UTM still dominated the play with most of the second half spent in PharmaLaw's end of the field. Naomi Janson, Claire Pinsonnault and Vuia started many rushes down the right side of the field. Candice James had a couple of free balls which she fired to the net in hopes for a teammate to convert the pass but to no avail. Vuia drove all night from a wedding in Michigan to play the game and poured out all her energy and emotions along with a few other 'chunkies'! Her hardcore dedication to her team causing her to become ill during the overtime period, yet she still played strong from start to finish.

With the game in overtime, the girls tried their best to score a golden goal to send them to the finals at Varsity Stadium. The game would be decided by a shootout as both teams could not break the 1–1 tie. Keira Madden, Andrea Chan and Candice James converted their penalty kicks for UTM while PharmaLaw managed to match UTM and popped in three with some lucky bounces. Following this, the teams went to sudden death kicks. UTM was unable to convert on their next five penalty kicks. UTM's Saleh held the fort managing to stop all but PharmaLaw's tenth kick as Leslie Church put a shot into the corner just passed the outstretched reach of Saleh to send PharmaLaw back to the finals.

photos/Darryl Sequeira

UTM's Lady Eagles rally at halftime. Top right, Candice James steps into a free kick while Tanya Vuia leads a charge towards the PharmaLaw net (*bottom right*). The team lost a heart-breaking semi-finals in a sudden death penalty shootout.

The girls should take solace in the fact they had a tremendous season and hope to recapture their indoor championship from two years ago when they begin play in January 2004. Congratulations to the team for representing UTM proudly.

NOTICE of Students' Administrative Council BY-ELECTION

Nominations Begin This Week

A By-Election has been called to fill a vacancy in the SAC Board of Directors for the constituency of UTM (Erindale College). Interested candidates should take note of the following:

Vacancy: UTM
Number of Seats: 2*
Nomination Period Begins: Monday November 10, 2003 at 9AM
Nomination Period Ends: Friday November 14, 2003 at 12 Noon.
Mandatory All-Candidates Meeting: Friday November 14, 2003 at 5PM
Campaign Period Begins: Monday November 17, 2003 at 12 Noon
Campaign Period Ends: Friday November 21, 2003 at 5PM
Voting Period Begins: Thursday November 20, 2003 at 9AM
Voting Period Ends: Friday November 21, 2003 at 5PM
Announcement of Results: Friday November 21, 2003

Nomination Forms can be picked up during the nomination period at the SAC St. George and SAC UTM (Room 131 Student Center) Offices or online at http://www.sac.utoronto.ca Late nominations will not be accepted.

Voting will take place by paper ballot on the specified Voting Days.Location of Polling Places will be announced at the start of the campaign period.

*number of seats subject to change

Intramural Update: Softball

By Scott Reidel

Despite the lack of a baseball diamond at UTM—it was paved over for additional parking—co-ed softball still lives on at Erindale. Games are now played on the south field. The season got off to a slow start mainly due to less than ideal conditions but has definitely gained momentum in the past couple of weeks. The league consists of five teams: A-Titan-Team, CPE, The Marauders, Mother Truckers and Rally Killers. The games have been very exciting so far and things look very interesting heading into the last week of the regular season.

Week 5 results:

CPE 13 vs. Mother Truckers 4

This game was to determine 1st place as both teams entered the game undefeated. The game remained scoreless through the first inning and a half until CPE exploded for seven runs in the bottom of the 2nd inning. Led by Jeff Ham's two homerun performance, CPE continued to show their ability to score with relative ease. Mark Taplin tried to keep his team in the game by going 4 for 4 with a homerun of his own. This game ended up being one of numbers, and the Mother Truckers were just too short of players in the field to give CPE a good run. Look for these teams to possibly meet again in the finals.
Players of the game: CPE: Jeff Ham
Mother Truckers: Mark Taplin

CPE 26 vs. The Marauders 8

CPE once again dominated from the offset of the game. CPE scored six or more runs in three out of a possible five innings. Five different players hit homeruns for the team as they put up their best offensive output this year. Darryl Sequeira had a solid game, going 5 for 6 and hitting three homeruns. Jeremy Jackson was 5 for 5 with two homeruns. For the Marauders, Billy Monk led the way going 3 for 3 with a homerun and four RBIs. These teams meet again this week in the semi-finals.
Players of the game:
CPE: Darryl Sequeira
The Marauders: Billy Monk

THIS WEEK'S SCHEDULE

Semi-Finals:
Monday Nov. 10, 7:30pm
Rally Killers vs. Mother Truckers

Monday Nov. 10, 8:30pm
The Marauders vs. CPE

FINALS: Thursday Nov. 13, 7:30pm
All fans welcome to attend!

CO-ED INTRAMURAL SOFTBALL STANDINGS

TEAM	GP	W	L	D	P	Runs
CPE	4	4	0	0	12	76
MOTHER TRUCKERS	4	3*	1	0	10	29
RALLY KILLERS	4	2	2	0	8	47
THE MAURADERS	4	1*	3	0	6	25
A-TITAN-TEAM	4	0	2	2	2	21

** denotes default win*

TOP HITTING AVERAGE

NAME	AVG.
Jeremy Jackson, CPE	1.000
Mark S., M Truckers	1.000
Mark Taplin, M Truckers	1.000

MOST HITS

NAME	HITS
Jeremy Jackson, CPE	17
Lindsey Sones, CPE	12
Darryl Sequeira, CPE	12

HOME RUNS

NAME	HR
Jeremy Jackson, CPE	7
Kevin Lee, CPE	5
Lindsey Sones	4

RUNS BATTED IN

NAME	RBI
Jeremy Jackson, CPE	17
Kevin Lee, CPE	11
Darryl Sequeira, CPE	9

the 2004 Awards of EXCELLENCE
UNIVERSITY OF TORONTO

Applications are now being accepted for the:

ADEL S. SEDRA DISTINGUISHED GRADUATE AWARD

A prize of up to $25,000 is awarded to a graduate student who demonstrates outstanding academic achievement and extra-curricular leadership.

Students must be registered and in good standing in the second or third year of a doctoral program at the University of Toronto.

Application Deadline: Monday, December 1, 2003, 5 p.m.

For further information or application forms, please contact the Division of University Advancement, J. Robert S. Prichard Alumni House, 21 King's College Circle, 3rd Floor. Tel: (416) 978-6536 or e-mail linda.wells@utoronto.ca
Information and application forms are also available at www.alumni.utoronto.ca

UTAA

Lady Eagles pull out squeaker in overtime

BY J. SWISH

With the women's Tri-Campus Volleyball team going to the maximum five sets and the Ultimate Frisbee team going into OT earlier in the day, it was only fitting that the Women's Tri-Campus Basketball team opened their season with an OT game of their own. The only difference was that the Basketball team came out on the winning end over a tough St. George B opponent.

The first half featured some tentative play by both teams with many missed shots and lay ups. UTM shot a dismal 3 for 8 from the line and trailed 18–17 at the half. Marija Kosovski had seven points and Vanessa Centofante added 4 to lead UTM in the first half. Another bad sign was that UTM's starting post players, Steph Van de Ven and Lindsey Sones were held pointless in the first half.

photo/Darryl Sequeira

UTM centre Lindsey Sones releases a shot over two defenders in overtime.

UTM came out on fire in the second half, and with a tough defense forcing turnovers, they were able to take as much as a seven point lead with nine minutes left. Fatigue then kicked in and a lack of intensity on defense allowed the St. George team to catch up and tie the game. With 6 minutes left the St. George team was up by 6 points. After a time-out, UTM came out with an aggressive press, which led to many transition baskets and fouls by St. George. With less than 30 seconds left, down by 2, UTM made a fast break into St. George's teams end. Shelley Roque was able to find a wide open Lindsey Sones under the basket. Sones scored an easy lay up, tying the game 44–44, with 14 seconds left.

photo/Darryl Sequeira

UTM's Marija Kosovski receives a pass from guard Negar Tootoochian (12) late in the second half. Kosovski had the hot hand with a game high 23 points as the Lady Eagles defeated St. George B 56–50 in overtime.

After a St. George time-out, UTM was able to come up with another steal from their press and had a chance to win the game when they had an end line inbounds with four seconds left. The play worked perfectly and Sones got the ball in the post, however she was tackled from behind without ever getting a shot off. No whistle, off to OT!

The UTM team, sensing victory, was not about to lose the game in OT. They came out and scored the first 5 points of OT. The team played great defense and did not allow St. George B to score a single basket from the floor. All the St. George baskets came from the line where they shot 7 for 10. UTM, determined not to be outdone, matched St. George with a 7 of 10 performance from the foul line, led by Negar Tootoonchian who was 3 for 4 down the stretch from the charity stripe. Steph Van de Ven had some huge offensive rebounds in OT and scored a key basket cutting in from the wing on a 2 on 3.

Kosovski was the game high scorer with 23, Sones 11, Tootoonchian 7, and Roque added six points to round out the UTM scoring.

"Our press was the key to this game. It really came through when we needed it most. We dominated the boards in this game and shot 11 for 17 in the second half and OT from the foul line", said coach Krist. "We have to get out of the habit of playing just well enough to win. We need to learn to build a lead and maintain it", added Krist.

This was the team's second game. The win improves their overall record to 2–0. UTM defeated Seneca College's OCAA Varsity team 48–45 on Oct. 14. UTM could have put that game away if they had shot better than 15 for 28 from the foul line. Kosovski had the hot hand against Seneca with 26 points, Van de Ven had seven, Sones and Sommer Blackman added five points each for UTM.

UTM will travel to UTSC to play their suburban rivals on Nov. 13 at 8:00 p.m. in what promises to be another classic battle.

MEN'S INTRAMURAL TOP 5 SCORERS -- DIVISION ONE

NAME	PPG
Marius S.	26.7
Neil Sehra	22.5
Dwayne Grant	20.7
Sacha Francisco	20.6
Arash Moghani	19.2

MEN'S INTRAMURAL TOP 5 SCORERS -- DIVISION TWO

NAME	PPG
Matt Centafonte	22.5
Amanpaul Kandola	19.0
Vince Cheung	18.4
Brandon Chen	16.4
Andy Chen	13.5

http://medium.sa.utoronto.ca
Visit our website for more pictures from this week's action.

University of Toronto at Mississauga

Centre for Physical Education, Athletics and Recreation

905-828-3714 www.utm.utoronto.ca/physed **email:** ath@utm.utoronto.ca

WOMEN'S INDOOR SOCCER TOURNEY

New Tournament This Year!

Thursday, November 20 @ 6 – 10 p.m.

- 3 and a goalie
- 7 players per team max.
- 4 Interfaculty Soccer players per team max.

Team Entry Meeting:
Thurs., Nov. 13 @ 5:00 p.m. in Room 1114

Players looking for a team should come to the team entry meeting

MEN'S INTRAMURAL BALL HOCKEY

Now accepting applications for

- **Head Official**
- **2 Commissioners**
- **Referees**

Apply with Jack Krist in Room 1114

Deadline:
Friday, Nov. 14 @ 4:00 p.m.

League Entry Meeting:
Tues., Nov. 25 @ 5:00 p.m.

COED INTRAMURAL BALL HOCKEY TOURNAMENT

Wednesday, November 26 @ 7-11 p.m.

- 2 men, 1 woman, and a goalie on the floor
- 10 players max per team

Team Entry Meeting:
Wed., Nov. 19 @ 5:00 p.m. in Room 1114

Players looking for a team should come to the team entry meeting

UTM's men's basketball team 4–0 to start season

By Rohit Sethi

Coming down from their first victory high against Rotman on Oct. 14, UTM struggled to score against an obviously inferior Woodsworth team when the two met on Oct. 22 at UTM. Missed shots and lay-ups kept the opposition close for the first ten minutes of the game, with the score deadlocked at 12–12. UTM did not play like they had the week before when they had crushed Rotman with a score of 93–36.

photo/Mehraan Pavri

UTM's Alan Carty (left) and Dwayne Grant combine to pull down a rebound off of a missed UTSC shot. The team won soundly 71–58 and are 4–0 to start the season.

As the frustration to score against the zone defense, UTM made adjustments and finally put on the press. The intense pressure applied by the UTM guards suffocated the opposition into submission. Woodsworth kept coughing up the ball and the Eagles kept converting them into easy transition baskets.

The Eagles flew past Woodsworth with a final score of 101–64. It was a great team effort as every man on UTM Eagles squad scored. Sacha Francisco led the team in scoring with 31 points, Eric Liao chipped in with 15 points, Alan Carty contributed ten points in his first start and Dwayne Grant added twelve points off the bench.

Due to an unfortunate ejection, UTM were without forward Anand Patel for their home game on October 29 against Scarborough. His presence would be missed because of his dedication to defence and his hustle. He returned for the game the following week.

Even though the team lacks height this year, UTM's speed and drive is unparallel to that of any other team in the league. Great things can be expected from this year's squad as they are in pursuit of their third championship in a row. UTM looks strong this year with six returning players: Sacha Francisco, Anand Patel, Eric Liao, Don Lee Pow, Matt Centefonte, and Dwayne Grant. This year's rookies consist of: Alan Carty, Bruno Pellegrino, Arash Moghani, Neil Semra, Tom McCullouch and Adeel Abassi.

In one of the most anticipated games of the year [and for that matter—every year] the Eagles anxiously awaited their first match-up against UTSC on Oct. 29. Scarborough is one of those teams that conjures motivation due to the hated rivalry between the two teams. It may be the years of rivalry between the two suburban colleges or maybe it is just because they are the one team that always gives UTM trouble.

Like the previous two games, the Eagles were off to a slow start, only having scored 28 points at the half to Scarborough's 24. It was frustrating to watch the Mississauga team play to the level of their opponents. Also a detriment was the fact that the referees were trying to set a world record in offensive fouls which did not help the team at all.

The team finally picked up the pace in the second half scoring 43 to Scarborough's 34, with a final score of 71–58. The bad calls continued as Alan Carty, Eric Liao, and Bruno Pelligrino all finished the game with 4 fouls each with Tom McCulloch fouling out of the game.

The Eagles were led in scoring by Dwayne Grant and Sacha Francisco with 20 and 18 points respectively. It was once again a well balanced scoring effort like the other wins with every player on the team getting on the score sheet.

photo/Mehraan Pavri

UTM's Dwayne Grant elevates to put up a shot against UTSC. Grant finished with a game high 20 points in the win.

Chalk another one up for UTM as they flew past New College with a final score of 78–58 on Nov. 4. Once again UTM's defensive press suffocated every attempt by the offence to mount an attack as New College trailed for the entire game.

The Eagles offence was once again led by Sacha Francisco and Dwayne Grant who scored 18 and 15 points respectively as Bruno Pellegrino chipped in with ten of his own. Anand Patel had a team high five assists and was a huge presence in the middle of the press. Patel also contributed with five blocks.

The Eagle guards were more than a handful for the New College team to try and contain as Don Lee Pow, Matt Centofante and Arash Moghani all had outstanding performances. Tom McCulloch made his presence felt as he took two charges which got the whole team motivated. The aggressive style of play displayed by Alan Carty, Eric Liao and Neil Semra kept New College working hard for every basket.

There is no doubt that UTM is one of the most dominant teams in the league this year as they have displayed in every game they have played. The team is on a four game winning streak and hopes to continue its undefeated streak into the Christmas break with a win against Victoria College on Nov. 12 at home at 8:30 p.m. All fans are welcome to come and cheer on the team.

photos/Mehraan Pavri

UTM centre Bruno Pellegrino (44) stands tall in the middle as he tries to stop UTSC from scoring. Pellegrino and Tom McCullouch will be relied upon heavily to patrol the key for UTM if they plan on winning their third straight championship.

Fitness Tips: Basic Resistance Training Sets

By James Walker

When you go to the gym, you almost certainly exercise differently than those around you. Not only are you doing different exercises, but you are there for a different length of time, trying to accomplish different outcomes. Not only that, you also have a different level of strength, endurance, and flexibility. The point is? Everybody works out differently. It is important to take this into consideration when it comes to the number of sets you do during your workout. A "set" is a certain number of repetitions of a given exercise without a break. Each set is typically followed by a rest period of 30 to 90 seconds before moving on to another set of the same or different exercise.

Last week we said that the "typical" range to work with is 8 to 12 repetitions for each set you do. The number of repetitions is a function of your body type and what you hope to accomplish from your workout. In the same way, the number of sets you complete for a given exercise depends on your goals and how you respond to the exercise. You will commonly see people do between 1 and 4 sets. The rule is that the more sets you do, the more benefit you will get from the exercise. This principle is especially true for the more advanced athlete, probably because they are used to being under physical stress and to truly tire out the muscles requires more effort. Beginners also gain more strength from incorporating multiple sets into their workout. (1) It might sound like "more" is always better, but that is not necessarily the case.

When designing a program, you need to answer the following questions: What are you trying to achieve? How many times a week can you work out? And how long will you be working out for? Let's take a look at a typical case: You want a "full body workout"; you can make it to the gym 3 times per week; and you can spend 30 minutes on resistance training each time. Every set (including rest) takes around 3 minutes, meaning that if you do 3 sets for 3 different exercises, you will finish in about 30 minutes. Another way of putting this is that if you only have half an hour to spend in the weight room, but you still want to get a "full body workout", you might want to consider only doing one or two sets of each exercise. On the other hand, if you have three hours to work out, you could easily complete 3 or 4 sets on each muscle group in your body. It is also important to know that depending on how much you exercise your muscles, it can take between 24 and 72 hours for them to fully recover. This means that if you want to work out again the next day, you should lighten up your workout session by reducing the number of sets or reducing the load you are putting on your muscles. In summary, the number of sets you complete in your workout really depends on time. Maximum strength gains require a high number of sets, a large amount of time, a great deal of focus, and appropriate recovery periods. Regardless of how many sets you are doing, you are still making progress by spending time at the gym!

If you're looking for ideas around what to do to make your workout interesting, try a "circuit" where you complete one set of each exercise in your program before going back to the first exercise again. This technique allows you to take shorter rests in between sets, keeps your heart rate elevated, and prevents you from getting bored from staying in one place. You can vary the circuit by doing it backwards, changing the order of the exercises, and working out with your friends.

(1) Single versus multiple sets for strength: A meta-analysis to address the controversy. Matthew R Rhea, Brent A Alvar, Lee N Burkett. Research Quarterly for Exercise and Sport. Washington: Dec 2002. Vol. 73, Iss. 4; pg. 485, 4 pgs.

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